

Cuban Beans and Rice

Makes: 4 servings

Vinegar, oregano, garlic, and onions kick up the flavor in this classic rice and bean recipe.

Ingredients

- 1 teaspoon** olive oil
- 1 tablespoon** garlic (minced)
- 1 cup** onion (chopped)
- 1 cup** green bell pepper (diced)
- 3 cups** black beans (cooked)
- 2 cups** chicken broth (low sodium)
- 1 tablespoon** vinegar
- 1/2 teaspoon** oregano (dried)
- black pepper (to taste)
- 3 cups** brown rice (cooked)

Directions

1. Heat the olive oil in a large nonstick skillet. Sauté the garlic, onion, and green bell pepper until golden, about 3 minutes.
2. Stir in the beans, broth, vinegar and seasoning, bring to a boil then lower to a simmer; cook covered for 5 minutes.
3. Spoon over cooked rice and serve.

Food and Health Communications, Inc, Cooking Demo II

Nutrition Information

Nutrients	Amount
Calories	390
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	80 mg
Total Carbohydrate	71 g
Dietary Fiber	15 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	18 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available